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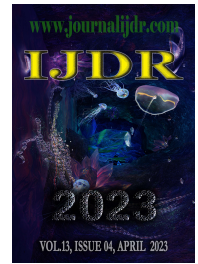
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RESEARCH ARTICLE

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A STUDY TO ASSESS THE LEVEL OF HOT FLUSHES AMONG MENOPAUSAL WOMEN AT NAMAKKAL DISTRICT

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ABSTRACT

A Descriptive research design study was conducted among 20 menopausal women residing in Sakthi Nagar, Namakkal to assess the level of incidence of Hot flushes among Menopausal women by using MRS (Menopause Rating Scale). The demographic variables of the findings revealed that the Highest percentage (60%) of women were in the age group of 57- 60 years, 30 % them had Secondary education, 30 % & 30 % of them were moderate and heavy workers. 45% of the menopausal women attained menarche at the age of 14 years. 65% of the menopausal women were Hindus. The level of Hot flushes scores shows that 40% of menopausal women had moderate Hot flushes symptoms, 45% of menopausal women had severe Hot flushes symptoms and 15% of menopausal women had very severe Hot flushes symptoms. No significant thw association was found between level of hot flushes symptoms scores and their demographic variables.

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INTRODUCTION

Menopause is a transitional phase from reproductive to non reproductive stage. It is the permanent stoppage of menstruation due to the loss of ovarian follicular activity. Natural menopause occurs when amenorrhea for 12 months or more and it should not be with any pathologic causes, (Geukes & van Aalst, 2012). By North American Menopause Society report, Menopause occurs naturally around an age of 51 years. For Indian women the Average age of menopause is 47.5 years whose life expectancy with 71 years. The Mean age of menopause for Indian women was from 40.32 to 48.84 years, (Third Consensus Meeting of IMS, 2008). There is a rapid decrease in the level of estrogen and progesterone in the blood responsible for somatic and psychological symptoms in menopausal women. The process affects the complete life of an individual. Each woman may react differently to the physical changes, (Hunter, 2002). A population based cohort study was undertaken among midlife women to assess the association of anxiety with menopausal hot flushes. Women were randomly selected at the age group of 35 – 47 years and were assessed for the reproductive hormones and other physical, emotional, and behavioral factors. African American (219) and White (217) were selected. 32% were in menopause stage and 20% were in postmenopausal stage. 37% of women reported Hot flashes in premature menopause, 48% in early menopause, 63% in later stage, and 79% in postmenopausal period.

There was a significant association between Anxiety scores with hot flashes outcome ($P < 0.001$) (Freeman.et.al, 2005)

Objectives

1. To assess the level of hot flushes symptoms among Menopausal women
2. To find out the association between the level of hot flushes symptoms scores among Menopausal women with their demographic variables

Hypothesis

1. There was a significant level of hot flushes symptoms among Menopausal women
2. There was a significant association between the level of hot flushes symptoms scores among Menopausal women with their demographic variables

MATERIALS AND METHODS

Research approach & Design: The Quantitative research approach with Descriptive research design was selected for the present study.

Setting: The setting for study was Sakthi Nagar, Namakkal (Dt).

Sample and Sample Size: The samples for the present study were menopausal women residing in Sakthi Nagar, Namakkal (Dt), who fulfill the sampling criteria. The sample size was 20 menopausal women.

Sampling Technique: "Purposive sampling technique" was used to select the sample.

Inclusion Criteria: Menopausal women,

- Age group between 45- 60 years
- Who were in normal physiological process
- With hot flushes symptoms.
- Who were present during the time of data collection.
- Who gave consent to participate in this study
- Who were able to understand and speak Tamil

Description of the Tool

Section A: Demographic variables.

Section B: MRS (Menopause Rating Scale) to identify the level of Hot flushes symptoms among menopausal women.

Table 1. Scoring for Hot flushes symptoms

Level of Hot flushes symptoms	Actual score	Percentage of scores
None	0	0
Mild	1 – 11	Below 25
Moderate	12 – 22	26 – 50
Severe	23 – 33	51 – 75
very severe	34 - 44	76 -100

Validity and Reliability

- ✓ The content validity of the demographic variables and MRS (Menopause Rating Scale) was validated in consultation with guide and field of experts. The tool was modified according to the suggestions and recommendations of the experts
- ✓ Split Half method (Cronbach's Alpha) was used to find out the reliability of the MRS (Menopause Rating Scale). ($r^1 = 0.79$)

Plan for Data Analysis

- **Descriptive Statistics:** Frequency & Percentage, Mean and Standard Deviation
- **Inferential Statistics :** Mean and Standard Deviation, 't' test and Chi –square test

RESULTS

Table 2. Frequency and percentage distribution of samples according to their demographic variables

Demographic Variables	Menopausal women (N =20)	
	Frequency	Percentage
Age in Years		
45 – 48	4	20
49 – 52	5	25
53 – 56	5	25
57 – 60	6	30
Socio economic status		
Rs.1000 – Rs. 2000	9	45
Rs.2001 – Rs. 3000	2	10
Rs.3001 – Rs. 4000	7	35
Rs.4001 and >above	2	10
Education		
No formal education	4	20
Primary education	7	35
Secondary education	6	30
Higher secondary education	2	10
Graduate	1	5
Occupation		
Housewife	3	15
Sedentary workers	5	25

Moderate workers	6	30
Heavy workers	6	30
Age at menarche		
Less than 12 Years	2	10
13 Years	8	40
14 Years	9	45
Above 14 years	1	5
Religion		
Hindu	13	65
Muslim	5	25
Christians	2	10
Others	-	-
Dietary pattern		
Vegetarian	4	20
Mixed diets	16	80
Types of habits		
Tobacco chewing	3	15
Betal nut chewing	9	45
Smoking	-	-
None	8	40
Use of home remedies for symptoms		
Yes	3	15
No	17	85

Table 3. Frequency and percentage distribution of Hot flushes among menopausal women

Level of Hot flushes symptoms	Hot flushes symptoms score	
	Frequency (N)	Percentage (%)
No symptoms	-	-
Mild	-	-
Moderate	8	40
Severe	9	45
Very sever	3	15

- The level of Hot flushes symptom scores shows that 40% of menopausal women had moderate Hot flushes symptoms, 45% of menopausal women had severe Hot flushes symptoms and 15% of menopausal women had very severe Hot flushes symptoms.

Bar Diagram showing the level of hot flushes symptoms among menopausal women

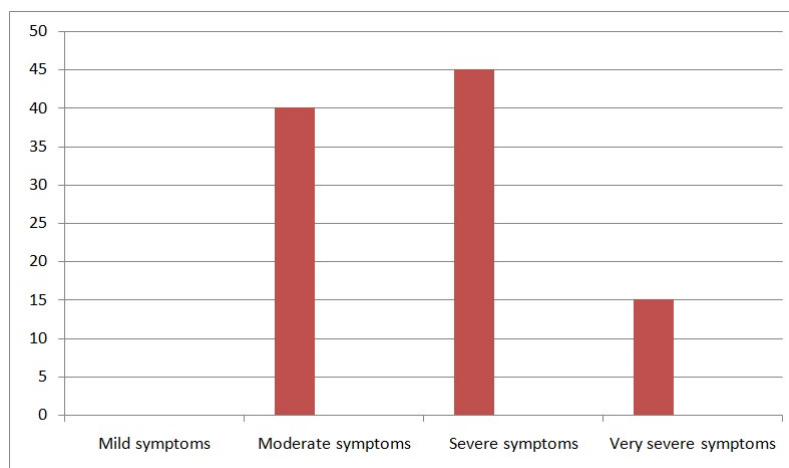


Table 4. Association between Hot flushes symptom scores and demographic variables of the menopausal women

Sl. No	Variables	Degrees of freedom Df	χ^2	Level of Significant
			Hot flushes symptom scores	
1	Age (in year)	1	3.333	Not Significant
2	Socio economic status	1	0.086	Not Significant
3	Education	1	0.281	Not Significant
4	Occupation	1	0.52	Not Significant
5	Age at menarche	1	1.891	Not Significant
6	Religion	1	0	Not Significant
7	Diet	2	1.988	Not Significant
8	Personal habits	1	0	Not Significant
9	Practice of home remedies	1	1.042	Not Significant

There is no significant association between the levels of hot flushes symptom scores when compared to demographic variables.

DISCUSSION

- Highest percentage (60%) of women were in the age group of 57- 60 years, 30 % them had Secondary education, 30 % & 30 % of them were moderate and heavy workers. 45% of the menopausal women attained menarche at the age of 14 years. 65% of the menopausal women were Hindus. Most of the menopausal women (85%) were not used any home remedies for hot flush symptoms. The study findings reveals that 40% of menopausal women had moderate Hot flushes symptoms, 45% of menopausal women had severe Hot flushes symptoms and 15% of menopausal women had very severe Hot flushes symptoms.
- There was no significant association between the level of Hot flushes symptoms scores when compared to demographic variables

Nursing Implication

Nursing Education: By mass health education and through innovative measures, Nurse Educators can encourage nurses and midwives to educate regarding hot flush symptoms among menopausal women.

Nursing Services: The proper information regarding menopausal symptoms including hot flush symptoms must be implicated in clinical areas to improve the knowledge level.

Nursing Administration: Nurse administer can support the researcher to conduct the research on role of nurse in prevention and treatment of hot flush symptoms among menopausal women.

Nursing Research

- The study may be issued for further reference.
- Further large scale study can be done in different settings.

Conclusion

- The level of Hot flushes scores shows that 40% of menopausal women had moderate Hot flushes symptoms, 45% of menopausal women had severe Hot flushes symptoms and 15% of menopausal women had very severe Hot flushes symptoms.
- No significant association was found between the level of hot flushes symptoms scores and their demographic variables.

Recommendations

- The replication of the present study can be conducted with large samples.
- A comparative study can be conducted among urban and rural population.
- A similar study can be conducted by adopting other alternative therapies for menopausal women.

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